


# Fitness Pass Classes

## June 27 - Sept 4, 2016

# WATER

updated 05/21/16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
River 5:45am	River 5:45am	River 5:45am	River 5:45am	River 5:45am	River 7:05am
River 8:00am - 9:00am		River 8:00am - 9:00am		River 8:00am - 9:00am class cancelled Aug 19	Deep 8:10am
Deep 9:25am	Deep 9:25am	Deep 9:25am	Deep 9:25am	Deep 9:25am	
River 62+ yrs 10:30am	River 62+ yrs 10:30am	River 62+ yrs 10:30am	River 62+ yrs 10:30am	River 62+ yrs 10:30am	SUNDAY
Gentle 12:00pm	Gentle 12:00pm	Gentle 12:00pm	Gentle 12:00pm	Gentle 12:00pm	
Shallow & Deep 7:00pm		Shallow & Deep 7:00pm		<div><div>LYNNWOOD WASHINGTON <small>PARKS, RECREATION &amp; CULTURAL ARTS</small></div></div>	
Adult Swim Club 8:00pm - 9:30pm	Shallow & Deep 8:30pm	Adult Swim Club 8:00pm - 9:30pm	Shallow & Deep 8:30pm		
Detailed information is available at: 425-670-5732   <a href="http://www.PlayLynnwood.com">www.PlayLynnwood.com</a> Pool Closed: July 4 & Sept 5-11					

### Shallow Water Fitness

While training all the major muscle groups against the water's resistance, you will receive a calorie-burning workout. Classes are held in the shallow end of the lap pool.

### Deep Water Fitness

Zero joint impact with maximum resistance without touching the bottom of the pool. Exercises are performed with flotation equipment. The focus is on core strength, cardio intensity and full range of motion. Classes are held in the deep end of the lap pool.

### River Fitness

Utilize the current of the river for increased resistance. Depth is 3.5 feet, perfect for those looking for a new kind of challenge. Great for cross training and burning calories. These classes are motivating and powerful workouts with body-energizing results.

### 62+ River Water Fitness

A class time designed especially for those ages 62+. Enjoy the camaraderie and fun these classes offer, while receiving a low impact cardio workout. Join us in the River and walk away feeling energized.

### Gentle Fitness

Combining the warmth of the Wellness Pool and gentle movements will help you relieve pain and stiffness as well as increase joint flexibility. Low-key workouts are great for those recovering from injury or just trying to relieve aches and pains of everyday life.

### Adult Swim Club


Coached fitness program designed for swimmers looking for quality workouts, individualized technique instruction, and stroke improvement. For fitness or Masters Competition, each swimmer has the opportunity to improve and work towards personal swimming goals. You will need endurance enough to swim 100 yards of crawlstroke comfortably.

# Fitness Pass Classes

June 27-Sept 3, 2016

# LAND

6/14/2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>GROUP</small> <b>CENTERGY</b> 5:45am	<small>GROUP</small> <b>POWER</b> 5:45am	<small>GROUP</small> <b>fight</b> 5:45am	<small>GROUP</small> <b>POWER</b> 5:45am	<small>GROUP</small> <b>BLAST</b> 5:45am	<small>GROUP</small> <b>POWER</b> 7:45am
<b>Enhance Fit 62+ M/W/F</b> Intermediate 8:45am Advanced 10:00am		<b>Enhance Fit 62+ M/W/F</b> Intermediate 8:45am Advanced 10:00am	<b>Enhance Fit 62+ M/W/F</b> Intermediate 8:30am Advanced 9:30am	<small>GROUP</small> <b>CENTERGY</b> 7:00am	<small>GROUP</small> <b>fight</b> 9:00am
<small>GROUP</small> <b>POWER</b> 12:15pm	<small>GROUP</small> <b>CENTERGY</b> 12:15pm	<small>GROUP</small> <b>POWER</b> 12:15pm	<small>GROUP</small> <b>BLAST</b> 12:15pm	<small>GROUP</small> <b>fight</b> 12:15pm	<b>ZUMBA</b> 10:00am
<b>ZUMBA</b> 1:30pm		<b>ZUMBA</b> 1:30pm			<b>SUNDAY</b>
<small>GROUP</small> <b>BLAST</b> 4:15pm	<b>ZUMBA</b> 4:15pm		<small>GROUP</small> <b>CENTERGY</b> 4:15pm		<small>GROUP</small> <b>BLAST</b> 9:30am
<b>Pump It Up!</b> 5:30pm	<small>GROUP</small> <b>POWER</b> 5:30pm	<b>Pump It Up!</b> 5:30pm	<small>GROUP</small> <b>fight</b> 5:30pm		<small>GROUP</small> <b>CENTERGY</b> 10:35am
<small>GROUP</small> <b>POWER</b> 6:40pm	<b>ZUMBA</b> 6:40pm	<small>GROUP</small> <b>CENTERGY</b> 6:40pm	<small>GROUP</small> <b>POWER</b> 6:40pm	 <p>Detailed information is available at: 425-670-5732   <a href="http://www.PlayLynnwood.com">www.PlayLynnwood.com</a> Closed: July 4 &amp; Sept 5-11</p>	
<small>GROUP</small> <b>CENTERGY</b> 7:50pm	<small>GROUP</small> <b>fight</b> 7:50pm	<small>GROUP</small> <b>BLAST</b> 7:50pm	<b>ZUMBA</b> 7:50pm		

GROUP  
**POWER**

This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment, with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

GROUP  
**CENTERGY**

Redefine yourself with Group Centergy®. Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Take the time to Center Your Energy with Group Centergy.

GROUP  
**fight**

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

GROUP  
**BLAST**

Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

**Pump It Up!**

Ready to exercise, but don't know where to start? A circuit style group workout that utilizes the most effective training techniques to help you achieve better core strength, balance, endurance, and a revved up metabolism. Adaptable to most fitness levels.

**ZUMBA**

ZUMBA® has become one of the fastest growing dance-based fitness workouts fusing Latin rhythms with easy to follow moves. Burn calories and body fat, and tone and sculpt your body. 'Ditch the workout! Join the Party!' Bring a towel and bottled water.

**Enhance Fitness  
Classes**

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified. Open to ages 62+ and free to Group Health members. Call 425-670-5050 or stop by the Senior Center for details.